

Maintain, No Gain – Holiday Challenge

Purpose: Maintain, No Gain is a weight management program designed to encourage everyone to gain no more than two pounds during the holiday season (December 6, 2010 through New Year's ending on January 3, 2011).

This program is designed to encourage good eating habits, being physically active and performing stress reducing activities most days of the week during the holiday season. This four-week program will serve as a guide to control holiday weight gain and encourage a healthy lifestyle.

Why Maintain, No Gain?

The average American will gain 8 to 10 pounds during the holiday season! This four-week program is designed to encourage healthy choices for proper diet, stress reducing activities and physical activity during the holiday season.

Goal:

To maintain weight within two pounds of the initial weigh-in. Weight loss is allowed but not the point.

Who can participate?

Anyone can participate in Maintain, No Gain. It's fun and healthy for everyone!

How to Get Started

- 1) Participants weigh in on December 6, 2010 to get their baseline weight recorded.
- 2) Participants cannot have gained more than two pounds from the baseline weight by the end of the program.
- 3) Participants can lose weight but do not get extra credit for that loss
- 4) Participants must turn in four weekly log sheets by January 10, 2011

To: Stephanie Marshall
c/o KSOB Personnel Cabinet D.E.I.
501 High Street 2nd Floor
Frankfort, KY 40601

- 5) Participants are encouraged to eat at least 5 servings of fruits and vegetables a day and to be physically active and perform a stress reducing activity most days of the week.

a) Physical activity recommendations:

CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

b) Stress Reducing Activities recommendations:

Do something fun that makes you smile
Do something creative
Yoga, meditation and relaxation exercises
Breathe deeply for 10 minutes
Soak in a bubble bath
Reduce your Caffeine Intake

Start Date -Initial weigh-in December 6, 2010 and Final weigh-out 2011 must be done at same location, same scale.

End date

Weigh out participants on the final date January 3, 2011. mail or hand deliver 4 log sheets stapled together to Stephanie Marshall at KSOB. **Prize Awarded on Monday January 10, 2011**